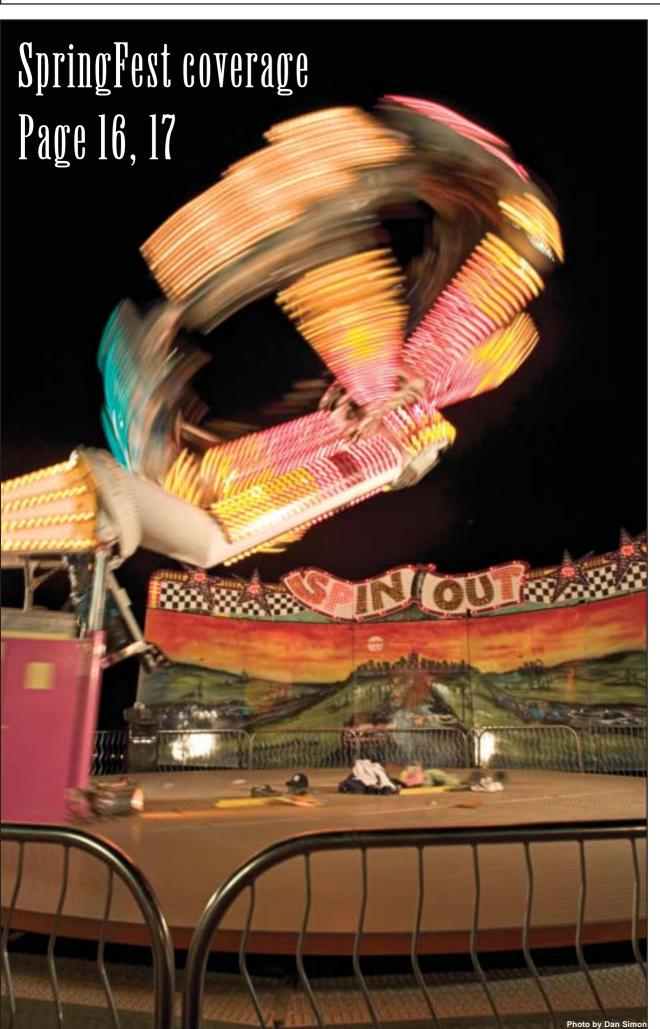
# The Fort Huachuca Scout



Vol. 51, No. 18 Published in the interest of Fort Huachuca personnel and their families. View online at huachuca-www.army.mil/USAG/PAO. May 5, 2005



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### Thanking my mom; a Mother's Day tribute

BY SPC. JOY PARIANTE

SCOUT STAFF

Since I'm a terrible child and haven't bought a present for my mom for Mother's Day yet, I decided to use this newspaper to write her a simple note of thanks. Hopefully, the public display of affection will take her mind off the fact that she will receive no gift from my little corner of the world. But, hey it's the thought that counts right?

My mother isn't a doctor and she isn't a lawyer, but she has done incredible and incomparable things in her life. She raised four beautiful, intelligent children (oh, and me...that makes five), held together an often difficult marriage and furthered her education while keeping up a household and watching over her kids.

Mom had me at 19 years old and even though she wasn't ready to be a mother, she had a handle on the task right away. Three years later she had my sister Corinne and every three years after that, another little "bundle of joy" joined our family.

Since I was born when my mom was so young, she never got to finish college, and she never held a very good job. As far as I'm concerned, taking care of two dogs, cooking, cleaning, helping with homework and keeping five kids from killing each other is an incredibly difficult, incredibly honorable job, and they definitely don't cover that stuff in college.

But, when I was in high school my mom decided to go

GLORIA OSBOURNE

back to school. She had always been fascinated with torturing, I mean beautifying, her children. She had given all of us some questionable haircuts during our lives, so we were horrified when she said she was going to cosmetology school.

At first I was really embarrassed because my mom was in school with a lot of the people I went to high school with. I thought they would look at my mom as a loser. But after a little while, I started becoming really proud of her. She was taking care of my brother who was still too young for school during the day and alternating between school and working at night. She came home every day exhausted, but happy and excited about how well she was doing in school.

And that wasn't the last time my mom went to school either. A few years later, she went to school to become a certified nursing assistant in order to make more money and help support her family.

Getting married young isn't easy, as I'm now learning. I can't imagine being married at 19. It's been hard for my parents. My mom deals with a lot of the at home stresses, and my dad works long hours at some very physically demanding tasks. When mom started working too, the stress was sometimes almost more than she could handle. I never minded once sitting on the couch with her, in the car with her, or now, on the phone with her and talking her through her tears and trying to make her laugh and feel better like she always did for me.

But, despite the stresses, money being tight, or serious

**VIRGINIA MOHS** 

lapses in my dad's judgment, they've managed to hold a marriage together for 23 years ... that's longer than I've been alive. And a lot of it is because of my mom's caring, selfless nature

My mother is one of the most incredible people I know. Even though she's been dealt a lot of lousy hands in life, she's always trying to find a way to make things fun and positive. She always puts other people first and has the most compassionate heart; whether she's working with the handicapped like she did when she was younger or if she's with the elderly people in nursing homes that she helps now.

My mommy has taught me so much about the person I want to be when I grow up. I want to be strong and confident but warm and genuine. I want to laugh so hard sometimes that I can't breathe and I snort. I want to follow my dreams no matter what anyone else says. Hopefully, I won't be so paranoid and, if I'm lucky, my jokes won't be so corny, but I think when I'm a mommy, I'll be like my mom. I'll embarrass my daughter in the mall by grabbing her butt, I'll give honest relevant advice to my kids and their friends, and I'll sit up all night bonding with my little girls and helping them become women.

To all the mommies in my life: Kristi, who decided to give up her military career to be there for her family, my aunt who was always like my second mother, and my grandmother who wonderfully raised all her children and then helped them raise theirs; Happy Mother's Day.

What are you doing for Mother's Day?

COMPANY A, 309TH MILITARY INTELLIGENCE

### Scout On The Street



I'm going to church.



We're probably going to dinner.

# ne m

I'm sending my mother a card.



I think we're going to a concert in Denver.

### The Fort Huachuca Scout

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It is published weekly, except Christmas and New Years, using desktop publishing by the Public Affairs Office, U.S. Army Intelligence Center and Fort Huachuca, Fort Huachuca, AZ 85613-7027. Printed circulation: 8,200. All editorial content of *The Fort Huachuca Scout* is

All editorial content of *The Fort Huachuca Scout* is prepared, edited, provided and approved by the PAO. *The Fort Huachuca Scout* is printed by Aerotech News and Re-

view, 2700 Fry, Suite B6, Sierra Vista, AZ 85654, a private firm in no way connected with DA, under exclusive written contract with the U.S. Army Intelligence Center and Fort Huachuca. The civilian printer is responsible for all advertising.

vilian printer is responsible for all advertising.
Editorial material for publication should be submitted to
USAIC&FH Public Affairs Office, 3015 Carnahan St., Bldg. 21115,
The Fort Huachuca Scout (AZTS-PA), Fort Huachuca, AZ, 856137027. The PAO reserves the right to edit all material submitted
for publication

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POSTMASTER: Send address changes to Aerotech News and Review, 8607 N. 59th Ave., Suite C-3, Glendale, AZ 85302.
To submit stories or inquiries, call (520) 533-1987, DSN 821-1987 or fax (520) 533-1280. For advertising, call (520) 452-1500.

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The Fort Huachuca Scout®

### RWBAHC program saves you money

The Third Party Collection program at Raymond W. Bliss Army Health Center can save you money by helping you meet your annual Other Health Insurance deductible at no cost to you.

The program recovers funds from insurance companies for care delivered to or prescriptions filled for health center insured patients. Generally a patient is a retiree or family member who is TRICARE eligible but also has other health insurance such as Blue Cross, Blue Shield

or Mail Handlers to name a few. This insurance is something you or your employer may be paying for but goes unused when you receive care or have prescriptions filled at the health center. The program is easy. You simply provide your insurance information and the health center will do the rest.

The program has great benefits such as:

- 1. Funds are used here at the health center to enhance patient care, upgrade equipment, maintain or expand services and purchase supplies or equipment.
  - 2. All funds are used locally and only for patient care.

3. There is no cost to the patient and contrary to what most people think, using your other health insurance this way will not increase your premium. In fact, using your third party collection program at the health center will help you reach your deductible that much quicker, saving you money.

So, if you have insurance other than TRICARE, and you either receive care from or have prescriptions filled at the health center, contact us today at 533-3545, 533-5982 or 533-9685. Together we can make the Third Party Collection program a continued success.

### Study pays off for local Soldiers, dependant

BY DAN SIMON SCOUT STAFF

It pays to study.

At least that's the lesson 15 Soldiers and one dependent learned after taking classes at the post education center

The 16 students were preparing for the Armed Forces Classification Test, also known as the Armed Services Vocational Aptitude Test, a measure used by the military to judge servicemembers. Eight of the 16 actually took the test, and succeeded in bettering their previous scores by an average of 14 points. Two individuals boosted their scores by more than 20 points (an improvement of more than 20 percent).

The test isn't one to be taken lightly either. Soldiers can only take it three times during their military careers (although it is possible to get a waiver

to take it a fourth time), and the one they take prior to enlistment counts. The test results (whether better or worse) become the military's new standard for the test taker, making adequate preparation for it vital.

There are two important baseline scores for the test, 100 and 110, said Craig Krusemark of the Army Educa-

"The army says the middle ground is one hundred," he explained. "The army based it on IQ but it doesn't have any relation to that either."

A 130 is the maximum score possible on the test and a 110 or higher guarantees a Soldier of a high enough score to qualify for any job the Army offers (those jobs frequently have other requirements besides a high test score).

Fort Huachuca's Basic Skills Education Program (the course's official name) focuses on improving certain core skills. No advance studying is necessary to

participate in the program, which is free.

"It's kind of a walk in as you are situation," Krusemark said, "specifically designed to increase vocabulary, spelling and improve math skills. That's what it's designed for."

The course is open to both military and civilians (including dependents) with priority being given to Soldiers whose current scores are below 100.

"We hold them (the classes) once every two months," Krusemark said, "so the next one will be held in June. Right now we're looking at the 13th through the 24th. All the Soldier has to do is come in and sign up and then get their command to sign off on it, and then we put them in class."

There's no cost to the Soldier or their command, but be warned, there is homework. Classes run from 8 a.m. to 4:30 p.m., Monday through Friday for

The education center has space to

accommodate as many as 30 students for this program, but finds that smaller classes do better. Krusemark said larger classes can get a bit unwieldy.

"We were very pleased with the outcome of a smaller class this time around," he said. "So I'm going to try to keep it down to a smaller number. especially since they did so well."

The classes are offered through a partnership with Cochise Community College, which provides the teachers while the education center provides the learning space and materials.

"We, here at the education center would like to extend our thanks for a job well-done, to Mr. Ken Fox and Mr. Chris Diets, who team-teach the class," Krusemark said in notes he provided to the Scout.

For more information on how to sign up for the next class, contact Craig Krusemark at the Army Education Center, 533-2047.

### Electronic proving grounds focuses on health

BY SPC. CREIGHTON HOLUB

SCOUT STAFF

Blood was collected and put into a verification device; a nurse made sure a Soldier's heart still worked properly, while another Soldier examined plants and animals for cleanliness.

The blood was drawn for cholesterol screening; the nurse checked blood pressure and a veterinary food inspection specialist Soldier was on hand to

teach post personnel rules for proper refrigeration, safe cooking and food safety.

"You're supposed to drink milk within seven days of opening it," Spc. Brandon Held, Medical Activities Command, veterinary food inspection specialist, said at the Electronic Proving Grounds' health and safety day April 21. He added that the seven days applies regardless of the expiration date, but only before the date.

There were a couple of post businesses demon-

strating Reiki and Shiatsu chair and table massages for post personnel. The health and safety day covered everything from workplace ergonomics to living wills and moved into an interactive exercise and fitness class after a lunch break.

The unit estimates more than 85 personnel visited the health and safety event.

"We got real good participation," event coordinator Barbara Chavez said. "It was for all our workers and we let the post come in if they wanted to."

### Recruits reporting by May 30 can get up to \$20,000

ARMY NEWS SERVICE

Qualified active Army recruits who are willing to report for training by May 30 may be eligible for seasonal enlistment bonuses up to \$14,000, which may be combined with other existing Army bonuses for a total of up to \$20,000.

any active Army military occupational specialty for three or more years are now eligible for a seasonal bonus of up to \$14,000 if they agree to report to training by May 30, according to U.S. Army Recruiting Command officials. They said this bonus, available to applicants with and without previ-

Qualified applicants who enlist in ous military service, was previously only available for high-priority job specialties.

> Recruits who enlist for cash bonuses totaling more than \$10,000 will receive their initial payment of \$10,000 upon successful completion of initial entry training. The remaining bonus amount will be paid in annual

increments. Enlistment bonuses totaling less than \$10,000 will be paid in one lump sum upon successful completion of initial entry training.

More about the bonuses is available on goarmy.com.

Editor's note: Information provided by the U.S. Army Recruiting Com-

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# Blood donor ineligibility for 2005

**SCOUT REPORTS** 

Listed are the most common reasons for blood donor ineligibility. This criteria is based on directives from the Food and Drug Administration.

If you were stationed in, traveled to, or resided in the United Kingdom for three months or more from 1980 to 1996, you are deferred indefinitely.

If you received a blood transfusion in the United Kingdom from 1980 to present, you are deferred indefi-

If you were stationed in, traveled to, or resided in Europe for six months or more from 1980 to 1996, you are deferred indefinitely.

If you were stationed in, traveled to, or resided in Europe for five years or more from Jan. 1, 1997 to

present you are deferred indefinitely.

If you visited a malaria endemic area, with or without taking chemo prophylaxis within the past 12 months, you are deferred for 12 months from the date of return

If you received a tattoo or piercing within the past year (other than ear piercing done in a sterile manner), you are deferred for one year from the date of the pro-

If you were in Korea: North of Seoul for a period of less than six months, you are deferred for two years from the date of return to the U.S.

If you were in Korea: North of Seoul for a period of six months or more, you are deferred for three years from the date of return to the U.S.

If you donated whole blood within the past 56 days,

you are deferred for 56 days from the date of your dona-

If you received vaccination for oral typhoid, mumps, oral polio, or yellow fever within the past two weeks, you are deferred for two weeks from the date of vaccina-

If you received vaccination for chicken pox, measles, mumps or rubella within the past four weeks, then you are deferred for four weeks from the date of vaccination.

If you have been running a high fever within the past 48 - 72 hours, then you are deferred for seven days from recovery.

If you received your smallpox vaccination, then are deferred 21 days from the date of vaccination.

If you returned from Iraq, then you are deferred for one year from the date of return to the U.S.

### Snakes pose threat to outdoor activities

SCOUT STAFF

The sun's beating down on you. You've been carrying around that heavy machine gun for what seems like hours, moving through the desert scrub, when your squad is attacked. You drop and get into your perimeter position, intent upon the enemy. You hear the rata-tat-tat of weapons exchanging fire. You aim, thinking you'll be able to pick off one of the enemy ... when suddenly you feel the sharp sting of a snakebite on your arm.

This is a scenario similar to what happened to Spc. Jeffrey Kamp, Headquarters and Headquarters Company, 11th Signal Brigade, who was bitten by a rattlesnake last week during a field training exercise.

He said he'd taken a perimeter position with his squad automatic weapon and when he moved his elbow a few minutes later, he felt something like thorns dig into his elbow. When he looked, he saw a snake flicking its tongue at him and rattling.

"At first, I just looked at it and got up

calmly," Kamp said. He explained how he remembered that you're supposed to stay calm so your body metabolism's absorption of the venom isn't accelerated.

He was then taken to the emergency room in Sierra Vista, and observed by medical professionals. They determined that the snake had not injected any venom into the Soldier; it was a dry bite. Kamp said he was able to return to the field with his unit the next day.

Even though Kamp's bite wasn't serious, he said Soldiers should make sure they keep looking around because critters can crawl up or sneak up on them.

John Roberts, natural resources management specialist, Directorate of Public Works, said the blacktail and Western diamondback are the two most common rattlesnakes in areas where troops train on post, and the rattlesnake is the most common of poisonous reptiles in southeastern Arizona.

He noted that the best caution for Soldiers is to pay attention to what's on the

See SNAKES, Page 14

Photo by Staff Sgt. Lisa Jendry

### Shipping out

As the advance party of the 69th Signal Battalion prepares to leave, friends and relatives say their goodbyes. In this photo, 1st Lt. Andrea Pratt bids 69th Signal's Executive Officer, 1st Lt. Jonathan Steigler goodbye.

### **UAV** ops halted after mishaps

Two Shadow unmanned aerial vehicles suffered mishaps during training in the past two weeks at Rugge-Hamilton Airfield. No personnel were injured in either incident.

The first UAV suffered an engine failure while returning for landing at Rugge-Hamilton April 22. The aircrew performed emergency procedures directing the UAV back to the airfield. The crew engaged the Alternate Recovery System once the UAV was over the western installation boundary and safely recovered the UAV in vicinity of Rugge-Hamilton. Both the air vehicle and its payload sustained damaged.

The second UAV incident occurred April 27 during launch. The UAV impacted adjacent to the Rugge-Hamilton runway. The air vehicle and launcher sustained damage in this incident.

Both incidents are under investigation. The command temporarily suspended Shadow UAV flight operations after both incidents to conduct initial investigations. Shadow UAV flights resumed Friday.

The Fort Huachuca Scout®

May 5, 2005

### Army Reserve answers nation's call for 97 Years

BY COL. RANDY PULLEN

ARMY NEWS SERVICE

April 23, 1908, a new component of the U.S. Army came into being with the creation of the Medical Reserve Corps, the Army's first federal reserve force.

Today, that reserve force — which numbered about 360 medical professionals one year after its creation — is known as the U.S. Army Reserve, a specialized, complementary and skill-rich force of some 205,000 citizenwarriors.

Throughout its near-century of existence, Army Reserve Soldiers have answered the nation's call to serve during times of emergency, both in peace and in war.

The first mobilization for the Army Reserve came in 1916 when it was called out due to the deteriorating situation between the United States and Mexico caused by the actions of the Mexican revolutionary, Francisco "Pancho" Villa, and the subsequent punitive expedition after Villa led by Brig. Gen. John J. Pershing. Army Reserve Soldiers joined their comrades of the Regular Army and National Guard along the southern border of the United States, preparing for the outbreak of a second war with Mexico. War was avoided, but this first mobilization served as a great shakedown for America's Army in the greater war that would come in 1917.

More than 160,000 Army Reserve Soldiers served on active duty during World War I. The Reserve doughboys of the Great War served in every division of the American

Expeditionary Force in France, whether those divisions were Regular Army, National Guard or National Army. Among their ranks was Col. Theodore Roosevelt Jr. of the 1st Infantry Division, Maj. Charles Whittlesey of "the Lost Battalion," and Capt. Eddie Rickenbacker, America's "Ace of Aces." Their example set the standard that Army Reserve men and women have followed ever since.

With the outbreak of war in Europe and especially with the fall of France in June 1940, the United States began rearming in earnest. The nation began calling on its long-neglected Reserve as a key part in that rebuilding of its armed forces. There were some 2,700 Reserve officers serving on active duty in mid-1940; within a year, there were 57,000 serving on active duty. About 90 percent of the Army's company grade officers in June 1941 were recently-mobilized Army Reserve officers.

The Reserve presence in World War II was considerable. In a typical Regular Army combat division during the peak war years, Reserve Soldiers occupied most of the mid-grade officer positions. By the end of the war, more than 200,000 Reserve Soldiers were on active duty, serving on every front. Roughly a quarter of all Army officers serving during the war were Army Reserve officers.

Five years after the end of World War II, Army Reserve men and women (women were authorized to join the Organized Reserve in 1948) were called to duty again, this time for war in Korea. More than 200,000 Reserve Soldiers were eventually were called to active duty, some as individuals, others with the 971 Reserve units that were mobilized.

In the 1960s, the Army Reserve stood ready to answer the nation's call during the Berlin Crisis, the Cuban Missile Crisis and the Vietnam War. Only Vietnam resulted in an armed conflict and because of decisions made by the administration of President Lyndon Johnson, only a small Reserve mobilization was authorized in 1968, resulting in a call-up of 42 Army Reserve units with fewer than 5,000 Army Reserve Soldiers.

Army Reserve Soldiers actively participated in Operation Just Cause, the United States' intervention in Panama in 1989, with military police and civil affairs support.

The biggest deployment of Army Reserve Soldiers overseas since the Korean War took place in 1990-1991 with Operations Desert Shield and Desert Storm. More than 63,000 Soldiers from 647 units were activated to accomplish both continental U.S. and overseas missions. In all, almost 84,000 Army Reserve Soldiers answered their country's call.

In 1993, Army Reserve Soldiers participated in Operation Restore Hope, the Somalia relief expedition. More than 100 Army Reserve volunteers were brought on active duty to staff the 711th Adjutant General Company (Provisional) (Postal); the unit immediately deployed to Somalia to provide postal support to U.S. Forces there.

See RESERVES, Page 14

**Advertisement** 

# Post air conditioners turning on

The Directorate of Public Works is conducting the changeover from heating equipment to cooling equipment.

Post facilities and family housing units are scheduled to have the changeover completed by May 31.

Any facility that has not been completed by the above dates should call the operations and maintenance contract work control section at 533-5457 or 533-5459 for assistance. Additionally, callbacks for coolers that have been turned on should be referred to work control until June 15. After these dates, service orders should be placed with the Directorate of Public Works service order desk at 533-3151 or 533-2003 for post facilities or 533-2030 for housing.

In most facilities, this changeover requires the heater to be disconnected before the cooling unit can be activated.

Occupants waiting to have their changeover performed are urged to open windows and wear lighter clothing on warm days. To assure a smooth and quick changeover, the operations and maintenance contractor has established the fol-

lowing schedule for family housing.

The dates are subject to change if significant weather changes occur or problems are encountered at the housing units.

Seasonal recurring maintenance schedule for housing cooler turn on:

#### From May 9-13:

Addresses on Mottern Circle, Coronado Village on Moore Circle, Nelson Circle, Deanza Village on Burns Road, Dorsey Street, Carlson Street, addresses 110-114 on Meyer Street between Rucker and Arizona streets, Nickles Street, evenly numbered addresses on Rucker Street, addresses 120-158 on Hughes Street west of Rucker Street, addresses 116-149 on Stedman Street west of Rucker Street and addresses 120-161 on Jeffords Street west of Rucker Street are scheduled to have their cooling systems turned on.

#### From May 16-20

Addresses on Arizona Street, addresses 100-123 on Grierson Avenue, Hines Street, Luke Street and Madden Street are scheduled to have their cooling systems turned on.



Photo by Spc. Creighton Holub

Air conditioners will soon be turned on.

**Advertisement** 

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# Old Soldiers never die; they retire

BY SPC. CREIGHTON HOLUB

SCOUT STAFF

The Army lost more than 355 years of experience Friday as 17 Soldiers retired at the Chaffee Parade Field.

However, not all of the retiring Soldiers are leaving the military completely. Retired Master Sgt. Mark R. Domenic switched from his old Army position as the noncommissioned officer in charge of a battalion's operations to a civilian instructor post for the Military Intelligence – Officer Basic

"The biggest challenge is trying to adapt," Domenic said about moving into civilian life. "It's not as regimented (as the Army lifestyle)."

He earned the Bronze Star Medal as a merit award in sert Storm.

"We came up with some pretty good targets fairly quickly,"

Domenic said. He is using his experience to teach lieutenants about intelligence preparation in the battlefield, where students learn how to use information about weather and terrain and its affect on operations.

The retiring Soldiers will have an affect on their old units as they take diverse backgrounds and experience from deployments and training.

Domenic completed 21 years of service, having been stationed in Germany once, Japan once and Alaska once. He plans to live in Sierra Vista with his wife, Elizabeth, and their two children Edward and Victoria.

"This is the first time we've been in one place more than three years," Domenic said about staying in local area.

Chief Warrant Officer Steven K. Lindstrom completed 20 years in the military. He has served in Korea four times, Bosnia and Herzegovina once. He plans to live in Grafenwoehr, Germany, with his wife Pilar Rodriquez-

Lindstrom with their four children Aneleise, Heather, Kelton and Shane.

Master Sgt. Jeffrey D. Rieg completed 25 years of service, with three assignments in Korea and one in Germany. He plans to live in Hereford with his wife, Merri, and two children Pvt. Sarah Rieg and Katie.

Master Sgt. Gerald C. Duncan Jr. completed 20 years of service. He has been to Germany, Korea, Bosnia and Southwest Asia. He has earned a Bronze Star Medal and plans to live in Sierra Vista with his wife, Kimberly.

Sgt. 1st Class Virgil K. Bandy completed 20 years of service. He has been to Germany twice and plans to live in Sierra Vista with his three children, Virgil II, Athena and Jonathan.

Sgt. 1st Class Morris J. Boswell III completed 21 years of service. He has been to Korea four times and to Germany

See **RETIRE**, Page 14

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# Huachuca thunder hits post

SSG LISA JENDRY

11TH SIG. BDE. PUBLIC AFFAIRS

Soldiers of the 11th Signal Brigade "Thunderbirds" put their communications skills to the test during the annual brigade field training exercise dubbed "Exercise Huachuca Thunder."

The exercise encompassed Fort Huachuca and various National Guard and Reserve Training areas in Arizona, as well as Nellis Air Force Base, N.M.; Fort Bliss, Texas, Fort Detrick, Md.; Smyrna, Del.; Lordsburg, N.M.; and Demming, N.M.

"The purpose of Exercise Huachuca Thunder was to provide a high operational tempo, realistic training environment for the brigade, and integrate all facets of operations to include not only the communications, but logistics and also force protection," Col. Michael S. Yarmie, commander, 11th Signal Bde. said. "This was an excellent opportunity to hone many Soldier skills and essential mission tasks that can not ordinarily be trained or evaluated on smaller unit exercises."

For many of the brigade's new Soldiers, coming from echelons of corps and below, the exercise tested their skills at a much higher level.

"Our mission as an echelons above corps signal brigade is to provide voice, video and data services," said Yarmie, "and we are training on our providing these capabilities to higher headquarters such as a joint or coalition task force. The throughput or data rates that we

offer are much higher than users often have at the division or corps level.

Yarmie said the exercise was a great opportunity for junior Soldiers to experience the installation of communications, while at the same time, maintaining a level of force protection both from nuclear, biological and chemical threats as well as the operational forces that were attacking the site.

"When we have the attacks, most of the sounds and explosions make it more realistic," said Pfc. Ricardo J. Fernandes, human resource specialist for the brigade. "It does prepare you."

For Fernandes, keeping accountability and tracking personnel actions was his focus, between dodging bullets and NBC attacks.

"We have to keep accountability of everyone because if it was a real life situation, and we're off by one person, that's still one person," he said. "We've got to keep one hundred percent accountability, and it's very important to know where our Soldiers are."

Keeping the logistical balance of supply and demand was also a crucial part of the exercise.

"I'm responsible for all logistical support across the battlefield to include food, water, fuel and repair parts, Maj. Barry Franks, senior logistician for the brigade, said.

Franks said exercises like Huachuca Thunder are extremely important because of the many different levels of training.



Photos by Staff Sqt. Lisa Jendry

A Soldier keeps watch atop a AN/TSC93, sattelite communications vehicle.

"It starts at the platoon level, and then you go to company, and then battalion, and then have to try to bring it all together in a brigade level exercise," Franks said. "It's a bigger challenge because you're dealing with a lot of units and a lot of Soldiers. There are a lot of moving pieces

"It's absolutely critical. Our Army depends more on Signal now more than ever before, because we rely on more networked communications. We've quit stockpiling parts because we have the capability to reach back from anywhere in the world, order parts and track their movement, but we can't do that without [reliable] communications."

Yarmie gave credit to members of the 111th Military Intelligence Bde. who provided support as the operational forces as well as the 151st Signal Battalion out of South Carolina who acted as observer controllers and the 440th Signal Company, 422nd Signal Bn. of Nevada, who supplemented the 504th.

The brigade also integrated the 311th Theater Signal Command, out of Smyrna, Del., into the network as a precursor to the Grecian Firebolt exercise coming up in June.

"Overall, I felt the exercise was very successful," said Yarmie. "It identified some training shortcomings, some things we need to focus on in the future ... identified some of the processes and things we need to refine ... which is exactly why we have exercises and training on this scale."



With the Arizona mountains in the background, the 11th Signal Brigade rolls out during a jump, or relocation, of troops and equipment.

### Reaching the Soldier anytime, anywhere

BY HUGH C. LAUGHLIN

TRADOC NEWS SERVICE

The Global War on Terrorism has greatly affected how the U.S. Army is developing its training programs.

The Army Distributed Learning Program brings together many different pieces into one common standard.

The U.S. Army Training and Doctrine Command mission of recruiting, training and educating the Army's Soldiers is a huge undertaking. It plays an important role in the professional development and education of the Army's Soldiers and civilian employees.

"When you talk about distributed learning, there are multiple complementary components to it," said Michael Jacobson, a senior training analyst for the Distributed Learning Division, Training Development and Delivery Directorate, TRADOC Deputy Chief of Staff for Operations and Training, Fort Monroe, Va.

Over the past two decades, Army training and education has undergone some profound changes. "Twenty-five years ago, all the management of Army training was done by hand. Fifteen years ago, different stovepiped systems were developed to use technology and automation to satisfy some of these aspects of Army training," described Jacobson.

"The deficiency was that none of these systems could communicate with each other. Data had to be recreated in multiple systems, and you couldn't cross-reference any of this stuff," said Jacobson.

Today's information technology has allowed for the increased speed of information processing and the ability to increase the usability across multiple platforms.

With the ultimate goal being to improve readiness by the delivery of standardized individual, collective and self-development training to Soldiers and units any time and any place, the training and doctrine command is the umbrella that provides this for the entire U.S. Army professional development and education system.

The major components that fall under this umbrella include distributed learning courseware, lifelong learning centers, digital training facilities, the Army Learning Management System and the Deployed Digital Training Campus.

One of the key components of the Army's program is its repository of courseware. The Reimer Digital Library and the Soldiers Training Homepage, housed at the Army Training Support Center, contain more than 5,000 DL courses and training products available for both Soldiers and Department of the Army civilian employees to access online.

The Armor Captains Career Course is a good example of a resident course redesigned for DL that leverages the efficiencies of DL technology.

Whether it is an Army unit as a whole, unit training management, future combat systems, individual students or a training developer, they will access ATIS through that common architecture.

Training developers will use the soon-to-be-fielded Training and Doctrine Development Tool as part of ATIS to develop TRADOC-generated course programs of instruction, individual tasks and collective tasks. "For example, individual tasks have to be associated with courseware," Jacobson said. "The courseware is loaded into a learning management system. The LMS draws from that same set of databases TDDT uses to develop individual tasks and associate them with courses."

From the Soldier's perspective, the efficiency and thoroughness of the training that's delivered is greatly increased.

Also, the cost to the Army for training Soldiers can be reduced. "The efficiency that is leveraged through this architecture ultimately allows the Soldier to be better and faster trained," said Jacobson. "This provides Soldiers the ability to manage their training, manage their career through professional development and access in a single point all those things that impact his or her professional development from a training perspective."

With the ongoing Global War on Terrorism, providing access for the Soldiers to the reference training materials is now more critical than ever before. To provide this access, the Army has developed the Deployed Digital Training Campus.

The system is basically a server in a box, with 20 laptop workstations and a wireless local-area network capability. The internal LAN for this classroom can be configured for simultaneous sets of workstations,

providing video tele-training, DL courses, collaborative synchronous connectivity or simulation-based training capabilities, said Hall.

"These systems will be much more mobile, coming in pieces that are easy to assemble; plug it into the server and fire it up," he described. "We don't want to produce a piece of equipment that is going to require a lot of logistics support. We want this to be easy for Soldiers to use. And we don't want to burden an operational commander in terms of resources to operate this system. The benefit ratio is high."

According to Jackie Courtney, a senior training analyst for the Distributed Learning Division, Training Development and Delivery Directorate, it is vital to the success of future OIF and OEF deployments, and the organizations these NCOs serve, that they attend and complete the next phases of their respective professional military education. The Army enlisted promotion system mandates credit for this training.

The driving force behind TADLP is to increase training readiness, provide maximum opportunity and access to DL products, and save resources by reducing resident training using DL capabilities. The desired end state is a better-trained Soldier

TRADOC will continue to redesign courses for DL to support leader development and essential functional training for an Army at war. This truly is transformational for the Army.

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#### Range Closures

Today – AA, AC, AD, AL, AR, AU, T1,

Friday –AA, AC, AD, AL, AR, AU, T1, T1A, T2

Saturday –AB, AL, AR, AU, T1, T1A,

Sunday –AU

Monday -AC, AD, AG, AM, AP, AR, AU, AW, AY, T1, T1A, T2

Tuesday –AC, AD, AG, AM, AP, AR, AU, AW, AY, T1, T1A, T2

Wednesday -AC, AD, AG, AM, AP, AR, AU, AW, AY, T1, T1A, T2

For more information on Range Closures contact Range Control 533-7095. Closures are subject to change.

### Warrant officer recruiting

If you are looking for information or a challenging career in communications, network management, information systems management or information assurance then at 1 p.m., today at Fitch auditorium, Chief Warrant Officer Andy Barr, regimental chief warrant officer of the signal regiment will provide a presentation and information exchange.

Request all commands support this ini-

For more information, call 538-7519.

#### Volunteer ceremony

The Annual Volunteer of the Year Ceremony will be held at 11 a.m. - 1 p.m., Tuesday at the Thunder Mountain Activity Centre. The cost for this event will be \$9.75 per person for the lunch buffet.

For more information, call Kimberlee Bridges at 533-6885.

### Registration announcement

Wayland Baptist University will begin summer term registration on Wednesday at the Army Education Center and at its downtown campus at 1840 Paseo San Luis. Registration lasts 2.5 weeks, with classes beginning the week of May 30.

Wayland Baptist University provides daytime, evening and online classes. Wayland offers bachelor's and master's degrees, as well as Arizona teacher certification. Majors include business, christian ministry, education, management, communication technology, intelligence operations, criminal justice, and many others. For more information, call 459-6111.

### **Germany orientation**

Army Community Service is offering

an orientation 6 p.m., May 16 at Murr Community Center for Soldiers and family members going to Germany for the first time. Registration is requested by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

### **Professional development**

The Fort Huachuca Chapter of the Military Intelligence Corps Association will hold its quarterly luncheon at 11:30 a.m. - 1 p.m. May 17, at the Thunder Mountain Activity Center. Guest speaker will be Dr. Randy Groth, Civilian Aide to the Secretary of the Army for Arizona. The menu will consist of sliced ham and turkey with dressing and whipped potatoes.

The cost is \$10 per person and includes service fees & gratuity. Tickets must be purchased no later than May 13. This is open to all Fort Huachuca Soldiers and civilians and is not a fund raising event. For more information, email to Monica DeGrood at mica.huachuca@us.army.mil or call Rich Laszok at 520 234 6181.

### Sponsorship training

Army Community Services is offering unit sponsorship training classes at 9:30 a.m. on May 17 and again at 1:30 p.m. on

Sunday

May 25 at the ACS Building 50010. Registration is requested by calling ACS at 533-2330.

For more information, PamelaAllen at 533-5919.

#### **Korea Orientation**

Army Community Service is offering an orientation 6 p.m., May 18 and May 23 at ACS Building 50010 for Soldiers and family members going to Korea for the first time. Registration is requested by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

### Asian/Pacific Islander **Heritage Month**

The 11th Signal Brigade Military Equal Opportunity office is sponsoring the Asian/Pacific Islander Heritage Month Festival 2005. The observance takes place at 11:30 a.m. - 1 p.m., May 25 at Murr Community Center. This free event will include entertainment, food and cultural

The 11th Signal Brigade Equal Opportunity Office is looking for volunteers to assist with the observance or display Asian/Pacific artifacts or items. For more information, call Sgt. 1st Class Jones at 533-5502 or 266-3218.

### Chaplain's Corner

#### **Protestant Sunday Services**

| 8 a.m.    | Episcopal   | Main Post       |
|-----------|-------------|-----------------|
| 9:20 a.m. | Gospel      | Kino Chapel     |
| 9:30 a.m. | Protestant  | Prosser Village |
| 11 a.m.   | Cross Roads | Cochise Theater |
| 11 a.m.   | Collective  | Main Post       |
| 3:30 p.m. | ALPHA       | Prosser Village |

### **Roman Catholic Worship**

| MonFri.    | 11:30 a.m. | Main Post   |
|------------|------------|-------------|
| Saturday   | 4 p.m.     | Main Post   |
| Confession |            |             |
| Saturday   | 5 p.m.     | Main Post   |
| Mass       |            |             |
| Sunday     | 9:30 a.m.  | Main Post   |
| Mass       |            |             |
| Sunday     | 11:30 a.m. | Kino Chapel |
| Mass       |            |             |

### Jewish Worship

Friday 7 p.m. Main Post

### **Catholic**

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Main Post Chapel **CCD** 10:45 a.m. Sunday

| Apologetics                |                           |                       |
|----------------------------|---------------------------|-----------------------|
| Adoration of the           | Friday                    | 3 - 6 p.m.            |
| Sacrament Blessed          |                           |                       |
| Korean OCIA                | Friday                    | 7p.m.                 |
| MCCW                       | 1st Friday                | 7 p.m.                |
|                            |                           |                       |
| Protestant                 |                           |                       |
| Main Post Chapel           |                           |                       |
| PWOC                       | Tuesday                   | 9 a.m.                |
| Sunday School              | Sunday                    | 9:30 a.m.             |
|                            |                           |                       |
| Kino Chapel                |                           |                       |
| Women's Ministry           | 1st, 3rd Friday           | 6 p.m.                |
| Bible Study Fellowship     |                           |                       |
| Adult/Youth Sunday         | Sunday                    | 8 a.m.                |
| School                     |                           |                       |
| Youth Church               | 1st, 2nd, 3rd, 5th Sunday |                       |
| Men's Choir                | Tuesday                   | 7 p.m.                |
| Rehearsal<br>Women's Choir | 2nd Tuesday               | 7 n m                 |
| Rehearsal                  | 2nd Tuesday               | 7 p.m.                |
| Adult Bible Study          | today                     | 6 - 7 p.m.            |
| Youth Bible Study          | today                     | 6 - 7 p.m.            |
| Sanctuary Choir            | today                     | 7 p.m.                |
| Rehearsal                  | G                         | 1.0                   |
| Youth Ushers Youth Choir   | Saturday 3rd Saturday     | 10 a.m.<br>10:30 a.m. |
| Youth Emphasis             | 4th Saturday              | 10.50 a.iii.          |
| Saturdays                  |                           |                       |
| Drama Team                 | Saturday                  | 8:30 a.m.             |
| Youth Min. Staff           | Saturday                  | 10 a.m.               |

10:45 a.m.

| & Parents Meeting<br>Youth Choir<br>Rehearsal   | Saturday  | 10:30 a.m.                      |  |  |
|---|---|---------------------------------|--|--|
| Murr Community Ce Teens and Pre-teens Study Parish Council Meetings Women's Ministry Meetings Youth Ministry Meetings Adult Usher Meetings Men's Ministry Bible Study Women's Choir | enter Sunday  1st Sunday aft  2nd Sunday  3rd Suday, Qu  4th Sunday aft  Saturday  5th Saturday | artely<br>ter service<br>8 a.m. |  |  |
| Rehearsal  Muslim Prayer  Friday  | 11:30 a.m.  | Main Post                       |  |  |
| Buddhist Weekly<br>Tuesday  | Teaching 6:30 p.m.  | Prosser<br>Village              |  |  |
| Orthodox Divine Liturgy Sunday 10 a.m. Main Post  |   |                                 |  |  |
| Latter Day Saints Sunday  | Service<br>1 p.m.   | Prosser<br>Village              |  |  |

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#### **RESERVES**, from Page 5

Army Reserve civil affairs and public affairs soldiers also served in Somalia until U.S. forces departed there in March 1994.

Since 1995, thousands of Army Reserve Soldiers have served in the Balkans to conduct peacekeeping operations in Bosnia and later in Kosovo, as well as to support those operations there from Hungary, Germany, and Italy.

On Sept. 11, 2001, terrorists hijacked four commercial airliners and crashed them into the World Trade Center in New York City, the Pentagon in Washington, D.C., and a field in Pennsylvania. Thousands of Americans were

The men and women of the Army Reserve were on the front lines of the first war of the 21st century from its outset, with a number of Reserve Soldiers among those killed at the Pentagon and the World Trade Center. Army Reserve units and individual Soldiers responded to the attack immediately and carried out a host of missions to

support rescue and recovery operations and to secure federal facilities nation-wide.

Less than a month after the attack on America, America struck back at the base of the attackers in Afghanistan. Within a few months, Afghanistan's repressive Taliban regime, which had supported and given sanctuary to the al Qaeda terrorists who had launched the 9-11 attacks against America, had been driven from power and, along with the foreign terrorists, were in hiding in the rugged south and east of Afghanistan. Army Reserve Soldiers contributed significantly to this victory.

On March 20, 2003, Operation Iraqi Freedom began, with Army Reserve Soldiers in action right from the beginning and fighting their way to Baghdad alongside their comrades-in-arms from the other U.S. Armed Forces and coalition allies. When Baghdad fell on April 9, 2003, the Army Reserve was there. Although major combat operations in Iraq were declared to be over on

May 1, 2003, combat did not cease.

At the height of Operation Iraqi Freedom, some 70,000 Army Reserve Soldiers had been mobilized and were serving not only in Iraq and Kuwait but also in Afghanistan, Uzbekistan, in Europe, in the Horn of Africa, and throughout the United States.

Today, operations continued in both Iraq and Afghanistan and the Army Reserve remained heavily committed in each area. In Afghanistan, Army Reserve Soldiers have been decisively engaged in helping the emerging Afghan democracy develop and take its place alongside the family of nations.

In all, since the terrorist attacks of Sept.11, 2001, more than 130,000 Army Reserve Soldiers have been called to duty. By mid-April 2005, the number of Army Reserve Soldiers killed in both Operations Iraqi Freedom and Enduring Freedom had grown to 72. Almost 560 have been wounded in action.

### RETIRE, from Page 8

twice. He plans to live in Sierra Vista with his wife, Grace.

Sgt. 1st Class John W. Webb completed 23 years of service. He has been to Korea six times and to Germany twice.

Staff Sgt. Korin Kinchen completed 20 years of service. He has been to Korea three times and Germany three times. He has earned a Bronze Star Medal. He and his wife, Brigette, are still making plans for retirement.

Staff Sgt. Michael A. Williams completed

20 years of service. He has served in Korea once, Germany three times, Somalia, Bosnia four times and to Saudi Arabia twice. He plans to live in Tucson with his wife, Melissa Aragon-Williams, and two children Brandy and Tanner.

Staff Sgt. Keith A. Vason completed 20 years of service. He has served in Korea twice and once in Hawaii. He and his wife, Rosa, have three children, Keith Jr., Chaffon-Monet and Katyanna.

#### SNAKES, from Page 4

ground before getting down. He said pole and net bags that are left on the ground during training are ideal places for snakes to hide and should be picked up with caution when it's time to break equipment down. Another commonsense precaution is to look in sleeping bags and boots before getting in them or putting them on.

One concern for post residents is the

rodent habitats that toys and play equipment in yards make. The rodents attract snakes, Roberts said.

"Just be aware of where we live and what's out there," Roberts said.

Roberts said people shouldn't try to remove snakes themselves. Instead, on-post residents should call the Military Police desk at 533-3000 or the Environmental and Natural Resources Division at 533-3120.

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### Black keeps Army secrets covered

BY SPC. CREIGHTON HOLUB SCOUT STAFF

A program analyst at the Communication Security Logistics Activity has been named the civilian of the month for April.

Anthony D. Black, a program analyst at U.S. Army Communications-Electronics Command, Communication Security Logistics Activity, won the award and was scheduled to be officially recognized at the Thunder Mountain Activity Centre on May 4 during the post's monthly Military Affairs Committee luncheon.

Black started his Fort Huachuca career in 2000 with an extensive background in communication security and in the intelligence community,

after having worked with the U.S. Air Force for more than 20 years.

He has served as the manager and program analyst for the U.S. Army Information System Security Program here. He analyzes and evaluates current and proposed communication security, information system security and information assurance requirements for the Department of the Army and multiple major commands and Army Program Executive Offices to determine effectiveness in achieving requirements for Army goals.

His work extends down to determining what Soldiers need so those requirements can be funded by the Army, then bought and shipped to the Soldier.

The other Civilian of the Month

nominees were: David M. Rogers Sr., 11th Signal Brigade, brigade operations and training, information management office; and Jeffrey L. Emory, Headquarters NETCOM, training and operations plans division.

Nominate your deserving employee for Civilian of the Month. Per Fort Huachuca regulation 690-5, all permanent appropriated fund and non-appropriated fund employees are eligible with the exception of employees officially assigned as supervisors and senior executive service personnel. For more information, contact the Civilian Personnel Advisory Center, 3-5282.

Editor's Note: Information from Black's nomination was used for this article.

### Lost and found

The Fort Huachuca Military Police lost and found currently has two adult and one child's bicycles available for return to their owners. Lost and found also has several wallets and ID cards. If you're missing any of the above, call Ariana H. Barrios and Military Police Investigations (520) 533-8830. The lost and found office is located at Building 31122, Room 185.

**Advertisement** 





(left) Anna Hoepner, 3, waves to her dad, Nathan, while riding the Merry-goround.







Military Policeman Ruben Allaniz took repeated dunkings to help raise money for his unit's Family Readiness Group during the 2005 spring festival.

Photos by Dan Simon



(Above) Dylan Andrzejewski, 2, takes a ride on a flying turtle.



Soldiers, families and the local community enjoyed the carnival setting created on post for the event.



Kristina Roberts, 9, tries a snow cone.

### Spring festival draws thousands over three days

BY AMANDA KEITH SCOUT STAFF

The first SpringFest to be held on Fort Huachuca drew thosands of visitors for the three-day event at the R. L. Anderson Special Events Park according to event organizers.

The festival was hosted

Welfare and Recreation.

The event was a kaleidoscope of carnival staples; cotton candy, funnel cake and corndogs were featured as much as the carnival games, ranging from a shooting gallery to bowling ball roll, run by the City of Fun Carnival.

Towering rides such as the

by the Directorate of Morale, Ferris wheel and the Zipper oversaw the festivities as patrons from both on post and Sierra Vista flocked to the carnival grounds as sunshine and gentle breezes greeted the SpringFest participants over the three-day event.

> "It's all right," Laura Prouty, who attended SpringFest with four kids,

said about the carnival. throw and a jump rope com-"They're having a great time.'

Friday night featured live entertainment by the bands American Accent, Jason Eller and Fat Rhabit.

Sunday was family day at the festival; Child and Youth Services presented special activities, such as a baseball

petition, that were free to the public.

Carnival-goers were treated to some additional events, such as "Dunk an MP," face-painting and rock climbing. Participants were also given numerous ethnic food choices, including Thai, Greek and Soul food.



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### U.S. Navy Rescues 89 in Gulf of Aden

U.S. Navy ships rescued 94 people after the vessel they were in capsized in the waters of the Gulf of Aden 25 miles off the coast of Somalia at approximately 3:45 p.m. local time April 29. Five of the 94 pulled from the water were pronounced dead on scene.

The guided-missile cruiser USS Normandy (CG 60), coastal patrol ships USS Firebolt (PC 10) and USS Typhoon (PC 5), and the German frigate FGS Karlsruhe (F 212), who were in the vicinity conducting maritime security operations, are rendered assistance. Karlsruhe initially conducted a routine query of the vessel, which appeared to be a dhow with approximately 35 people on deck. The vessel did not respond, and both Karlsruhe and Firebolt closed to investigate.

As Firebolt approached the dhow to take a closer look, it reported that there were approximately 100 people aboard, and that the vessel did not appear to be seaworthy and was taking on water. Firebolt, a 170-ft patrol craft, requested assistance with conducting an evacuation of the vessel and began passing out life vests. Typhoon was directed to close the vessel and provide Firebolt assistance with transferring passengers to both U.S. ships. In the process of providing assistance to the passengers, the vessel capsized and sank.

### Service News

All but five of the passengers and crew, who were pulled from the water, were transferred to Normandy for additional care. The five remaining behind aboard Firebolt received injuries that precluded any immediate attempt to affect a transfer to Normandy and received care from medically trained U.S. Navy personnel.

The master of the vessel claimed that there were 135 people aboard and coalition maritime forces, including SH-60 Seahawk helicopter aerial reconnaissance support from Normandy, conducted a search for the unaccounted for personnel. The circumstances surrounding this incident are under investigation, and final disposition of the passengers and crew has yet to be determined.

Coalition maritime forces operate throughout international waters in the Persian Gulf, Arabian Sea, Gulf of Oman, Gulf of Aden, Indian Ocean, and the Red Sea, conducting MSO.

MSO set the conditions for security and stability in the maritime environment as well as complement the counterterrorism and security efforts of regional nations. MSO deny international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons, or other material.

For related news, visit the Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Navy NewsStand page at <a href="https://www.news.navy.mil/local/cusnc.">www.news.navy.mil/local/cusnc.</a>







Courtesy photo by U.S. Nav

A small vessel floats 25 miles off the coast of Somalia just prior to capsizing and spilling the reported 135 people on board into the Gulf of Aden on April 29. The U.S. Navy ships USS Normandy, USS Typhoon and USS Firebolt and German frigate FGS Karlsruhe conducted a rescue operation to save the passengers and crew. Of the 94 pulled from the water, 89 survived, with five pronounced dead on scene. There are possibly 41 people unaccounted for.

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### Ultimate sacrifice paid in support of OIF

Two Soldiers who were supporting Operation Iraqi Freedom died Friday in Baghdad, Iraq, when an improvised explosive device detonated near their dismounted patrol. Both Soldiers were assigned to 2nd Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

The Soldiers were:

Pfc. Darren A. Deblanc, 20, of Evansville. Ind.

Pvt. Charles S. Cooper Jr., 19, of Jamestown, N.Y.

Sgt. Timothy C. Kiser, 37, of Tehama, Calif., died April 28 in Riyadh, Iraq, when an improvised explosive device detonated near his patrol. Kiser was assigned to the Army National Guard's 340th Forward Support Battalion, 40th Infantry Division, Red Bluff, Ca-

Four soldiers who were supporting Operation Iraqi Freedom died April 28 in Tal Afar, Iraq, when an improvised explosive device detonated near their Stryker military vehicle.

1st Lt. William A. Edens, 29, of Columbia, Mo. Edens was assigned to the 1st Battalion, 5th Infantry Regiment, 1st Brigade, 1st Infantry Division, Fort Riley, Kan. 25th Infantry Division (Stryker Brigade Combat Team), Fort Lewis, Wash.

Sgt. Eric W. Morris, 31, of Sparks, Nev. Morris was assigned to the 1st Battalion, 5th Infantry Regiment, 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), Fort Lewis, Wash.

Spc. Ricky W. Rockholt Jr., 28, of Winston, Ore. Rockholt was assigned to the 2nd Squadron, 3rd Armor Cavalry Regiment, Fort Carson, Colo.

Pfc. Robert W. Murray Jr., 21, of Westfield, Ind. Murray was assigned to the 2nd Squadron, 3rd Armor Cavalry Regiment, Fort Carson, Colo.

Sgt.1st Class Allen C. Johnson, 31, of Los Molinos, Calif., died April 26 in Khanaqin, Afghanistan, of injuries sustained when enemy forces using small arms fire attacked his patrol. Johnson was assigned to 1st Battalion, 7th Special Forces Group, Fort Bragg, N.C.

Spc. David L. Rice, 22, of Sioux City, Iowa, died April 26 in Balad, Iraq, of injuries sustained in Muqdadiyah, Iraq, when his HMMWV rolled over. Rice was assigned 1st Battalion, 5th Field Artillery Regiment,

1st Sgt. Timmy J. Millsap, 39, of Wichita, Kan., died April 25 in Baghdad of injuries sustained in Taji, Iraq, when an improvised explosive device detonated near his HMMWV. Millsap was assigned to the 70th Engineer Battalion, 3rd Brigade, 1st Armored Division, Fort Riley, Kan.

Spc. Gary W. Walters Jr., 31, of Victoria, Texas, died April 24 in Baghdad when an improvised explosive device detonated near his HMMWV. Walters was assigned to the 1st Battalion, 9th Field Artillery Regiment, 3rd Infantry Division, Fort Stewart, Ga.

Cpl. Kevin W. Prince, 22, of Plain City, Ohio, died April 23 in Baghdad of injuries sustained in Iskandariyah, Iraq, when an improvised explosive device detonated near his HMMWV. Prince was assigned to the 2nd Squadron, 11th Armored Cavalry Regiment, Fort Irwin, Calif.

Pvt. Robert C. White III, 21, of Camden, N.J., died April 23 at Kandahar Airfield, Afghanistan, of non-combat related injuries. White was assigned to the 864th Engineer Battalion, 555th Maneuver Enhancement Brigade (Provisional), Fort Lewis, Wash.



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# UpcomingTMAC events for May

### Mother's Day Buffet is Sunday, Comedy Show set for May 20

The Thunder Mountain Activity Centre will present a Mother's Day Grand Buffet, 10 a.m. - 1:30 p.m., Sunday. Treat "mom" to this delightful and delectable brunch and make her feel like a queen!

Just a few of the items on the menu will include: made-to-order omelets, pancakes, bacon,
sausage, fresh breads and rolls,
eggplant parmesan, rigatoni
with garlic sauce, smoked
salmon, peel-n-eat shrimp,
steamship round, wild rice, assorted deserts, and a complimentary glass of cham-

Cost is \$19.95 for adults; \$9.95 for children 6 - 10; and children 5 and under are free. The price includes gratuity.

For reservations or more information about the buffet, call 533-7322.

TMAC will host the Def Jam Comedy Show at 10 p.m., May 20. The show is open to the public 18 and older and features adult entertainment.

Headling the show will be "Kool Bubba Ice." He has appeared on B.E.T's Comic View, HBO Def Comedy Jam, the Apollo Comedy Hour and Showtime at the Apollo.

Returning to Fort Huachuca to host the show will be "Ice Cream." Also featured will be comedian Alex Scott

Advance tickets are on sale now for \$15 at TMAC, Time Out, ITR Office, Sierra Vista Safeway and bingo at LakeSide. Tickets will be \$20 at the door.

For more information about the comedy show, call TMAC at 533-3802 or 533-7322.



#### Trail rides at Buffalo Corral

Buffalo Corral will offer sunset trail rides 6 - 8 p.m., every Thursday, today - August 25. These rides are open to the public, ages 7 and up. The price is \$13.50 for authorized MWR patrons and \$19 for civilians. Reservations and pre-payment are required by close of business the Sunday before the ride.

Moonlight trail rides will be offered May 23 and August 19, the night of each full moon. The price is \$13.50 for authorized MWR patrons and \$19 for civilians. Riders must be at least 12 years of age to participate in the moonlight trail rides.

pagne or mimosa.

Weekend trail

rides are held 9 - 11 a.m. and 1 - 3 p.m., every Saturday and Sunday. The price is \$13.50 for authorized MWR patrons and \$19 for civilians. Reservations and pre-payment are required by close of business the Friday before the ride.

Buffalo Corral is open 9 a.m. - 4 p.m., Thursday - Sunday. For more information, call 533-5220.

#### B.O.S.S. to hold car wash

Better Opportunities for Single Soldiers will hold a car wash fund-raiser 11 a.m. - 1 p.m., Saturday, between Sonic Drive Inn and Domino's Pizza on Fry Boulevard, Sierra Vista

Proceeds from the car wash will benefit the Fort Huachuca B.O.S.S. program.

For more information, call 533-6944.

#### Scuba Class starts Sunday

Barnes indoor pool will host a scuba diving class be-

ginning Sunday. For more information or to register for the class, call Dennis Ballard at 803-0308.

### "Teen Night" at Time Out

Time Out will present "Teen Night" for high school students, 6 - 10 p.m., May 14. In order to attend, you must have a current high school ID or a combination of state-issued ID and documents to prove your high school status.

Cover charge will be \$3 with military ID and \$4 without. The admission price includes free munchies and door prizes.

Time Out is located on Arizona Street, across from Barnes Field House.

For more information, call 533-3876.

#### **Barnes Pool closed for swim meet**

The pool at Barnes Field House will be closed May 15 to host the Thunder Mountain Aquatic Club Swim Meet. For more information, call 538-3858.

#### Registration for swimming lessons

Registration for the first two sessions of swimming lessons will be held 8 a.m. - 2:30 p.m., May 23 - 27 at Barnes Indoor Pool. Session I will be held June 7 - 17. Session II will be held June 21 - July 1. Cost is \$30 per session.

There will be three sessions of swimming lessons this year. Watch future issues of *The Scout* for registration information about the third session.

For more information, call Karlie Jo Hale at 533-3858.

#### May special at MWR Rents

MWR Rents is offering the following special during the month of May: rent a paint sprayer for the discounted price of \$25 per day.

For more information, call 533-6707.

### May specials at Jeannie's Diner

During May, the burger-of-the-month at Jeannie's Diner is the "South of the Border Burger," made with a one-third pound beef patty with cheddar cheese and picante sauce.

The diner also offers a different lunch special daily. A few of the May lunch specials include: fish and shrimp with fries, chicken fajitas with refried beans and side salad, and open-faced turkey sandwich with mashed potatoes and gravy. A 16-ounce, non-alcoholic beverage is included with the lunch specials.

Call 533-5759 to place your order for takeout.

#### Summer camp sign-up at CYS

Sign-up for the New Beginnings Child Development Center summer camp program, for ages 3 - 5, is now in progress at the Child and Youth Services Central Registration Office at Murr Community Center.

There will two daily sessions, 8 a.m. - 11 a.m. and noon - 3 p.m., May 31 - Aug. 5. Each week will feature a different learning theme.

For more specific program information, call NBCDC at 533-5209

For more information on the registration process, tuition, openings or waiting list, call the CYS Registration Office at 533-0738.

#### **Army-wide arts, crafts contest**

The MWR Arts Center has information and entry forms for the 2005 Army Arts & Crafts Contest. The contest is open to all authorized MWR patrons, except employees of the Army Arts and Crafts program.

Entry deadline is May 17. Stop in at the MWR Arts Center, Building 52008 on Arizona Street, or call 533-2015 for more information.

huachuca-www.army.mil



### Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to <a href="mailto:paula.german@hua.army.mil">paula.german@hua.army.mil</a> or visit us on the Web at <a href="mailto:mwrhuachuca.com">mwrhuachuca.com</a>.

The Fort Huachuca Scout® May 5, 2005

# The Scout Out



#### **Movies**

Miss Congeniality 2 plays at 7 p.m. Saturday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

# Bulging biceps battle at SpringFest

BY SGT. SUSAN REDWINE
SCOUT STAFF

Two contestants sit down and square off, giving each other the stare-down as they set their elbows on the table and lock hands in a vice grip. The referee holds their arms in place until giving them a, "Go!" When satisfied with their position, he releases, allowing them to grit teeth and grapple, duking it out with biceps and forearms until one overpowers the other, resulting in a victorious hand-slamming on a table.

This year's Spring Fest at R.L. Anderson Special Events Park on post featured an amateur arm wrestling tournament. The informal atmosphere allowed spectators to step into the ring and take each other on in a showdown of strength.

Officially, the winners were: men's heavyweight division, Sean Driscoll defeated Mark Turner; 141 – 173-pound division, Christopher Chavez defeated Larry Paycheck; overall women's right-handed champion was Sarah Tifft and left-handed champion was Anna Siefert.

Tifft, 16, a student at Buena High School, said it was her first time arm wrestling when she took on another teenager and won both left and right-handed. She became interested in the tournament because her dad had told her about it and was going to participate, so she tagged along.

Of her championship match, Tifft said, "She put up a good fight, but technique wins in the end."

Her father, Preston Tifft, said he went to the Spring Fest with the intention of participating in the arm wrestling tournament.

"I used to do it back in high school," he said. "It's good to get a lot of people together to square off one-on-one."

Heavyweight winner Driscoll said arm wrestling is a hobby and went to the tournament because of fliers he saw at the gym. He said he used to be in an arm wrestling club at Fort Campbell, Ky., and would regularly compete against six or seven people a night.

"When you walked out of there, you were pretty tired," he said.



Photo by Sgt. Susan Redw

Sarah Tifft, 16, plays several sports at Buena High School, which has helped her develop the brawn needed to win during the arm wrestling tournament at the Spring Fest Saturday.

### Operation purple camp open for kids of deployed Soldiers

NATIONAL MILITARY FAMILY ASSOCIATION PRESS RELEASE

The National Military Family Association has announced the sites for this year's Operation Purple Summer Camps. The camps provide unique experiences to more than 2,000 children whose parents are deployed with the U.S. Armed Forces. The 22 Operation Purple Camps provide children from U.S. military families with fun and memorable opportunities to learn new skills for coping with deployment-related stress.

Operation Purple is the only summer camp program that focuses on helping kids deal with deployment-related issues and is open to children of personnel from all branches of the U.S. Armed Forces ("purple" is a military term representing inclusion of all branches). Applications for the camps will be available through May 15 on the NMFA Web site at <a href="https://www.nmfa.org/">www.nmfa.org/</a>.

The military family association developed Operation Purple camps last year in response to the need for increased support services benefiting children of men and women serving in the Armed Forces, especially those whose parents are or will be deployed. NMFA conducted 12 camps reaching nearly 1,000 young people. This year, the program

has expanded to host more than 2,000 kids. The association estimates that more than 135,000 children are experiencing the absence of a parent due to a deployment to Iraq or Afghanistan. This statistic does not include children who have parents deployed elsewhere around the world.

"Operation Purple Summer Camps fulfill a critical need in the military community," says Candace Wheeler, the organization's chief executive officer. "We have been overwhelmed by the messages of support and gratitude we've received from children, parents, the Department of Defense, the National Guard Bureau and members of Congress. We are thrilled to be able to expand the program this year."

One in four American children will grow up to serve in the military or marry a servicemember, according to the Defense Manpower Data Center, making an investment in today's military kids important for positively affecting tomorrow's military community.

### **Operation Purple Camp Details**

The camps, which last from five to seven days, give kids ages eight to 18 an exciting and memorable camp experience, providing tools to help them deal with the stress resulting from a parent's deployment. Each camp is joint and "purple," encompassing all

service branches, including the National Guard and Reserve, and offered free of charge to all participants.

Interested children from military families are encouraged to apply for the camp located nearest their home. More than 30 weeks of Operation Purple camps are offered in 18 states (Alaska, California, Colorado, Florida, Hawaii, Idaho, Illinois, Iowa, Louisiana, Montana, New Hampshire, New York, North Carolina, Ohio, Oklahoma, Pennsylvania, Texas and Utah), three international locations (Germany, Italy and Japan) and one unincorporated U.S. territory (Guam). A list of camp dates, sites and other information is now available on the association's Web site.

#### **About NMFA**

The National Military Family Association, a nonprofit organization, is the only national organization whose sole focus is the military family and whose goal is to influence the development and implementation of policies that will improve the lives of those family members. The association's mission is to serve the families of the seven uniformed services through education, information and advocacy. For more than 35 years its staff and volunteers, comprised mostly of military family members, have built a reputation for being the leading experts on military family issues.

### Huachuca City area pets hit Internet

BY JOAN BANKS PETFINDER.COM

Huachuca City Animal Shelter, Huachuca City, recently started listing its homeless pets on Petfinder.com, the oldest and largest database of adoptable animals on the Internet. The site currently has more 160,000 homeless pets listed and it's updated daily.

The Fort Huachuca Veterinary Clinic is also listed on Petfinder.com.

Keegan Hooper, Southern Pines, N.C., adopted Bo, a boxer/bulldog mix, after seeing him listed on Petfinder.com. He was at Lee County Animal Rescue in Bishopville, S.C., a shelter Hooper would not have accessed without the Web site.

"Petfinder made our search so easy," Hooper said.

Betsy Saul, president and co-founder of the Web site, confirmed that people often drive long distances to get just the pet they want. "But it also makes finding a pet nearby easier, too," she said. "All the information is right there on the computer, and potential adopters can search their local shelter from the comfort of home."

More than 8,000 animal welfare organizations in the U.S., Canada, Mexico and Puerto Rico post their pets on Petfinder.com. Huachuca City Animal Shelter pets can be viewed at www.petfinder.com/shelters/AZ205.html. Once visitors to the site find a pet they are interested in, they contact the shelter where it is housed. Each animal welfare group has its own policies and

handles its own adoptions.

Petfinder.com was created in early 1996 as a grassroots project by Jared and Betsy Saul to end the euthanasia of adoptable pets. Last year, the site helped 1.5 million pets find new families, making it the most life-saving initiative in animal welfare. <u>Petfinder.com</u> is the largest pet site on the Internet and includes not only adoptable pets, but a large library of pet related information, message boards and more.

<u>Petfinder.com</u> has also allied with PetHealth, Inc., to provide a gift of one month of ShelterCare Pet Insurance, paid for by <u>Petfinder.com</u>, to every dog and cat adopted from the Web site member in approved states and provinces. The program is the first of its kind for shelter pets.

Photo by Dan Simon

### **Carnival? What Carnival?**

Stacy Heckman, 17, and Shannon Maurnu, 17, find a way to stay busy at Anderson Special Events Park during SpringFest.

### Hot dog hoe down

BY DAN SIMON SCOUT STAFF

If you ever hear Travis Bischoff's mom complaining about how much a growing boy can eat, take her seriously.

The 11-year-old chowed down on 14 hot dogs in three minutes to beat out 16 other participants and win the hot-dog eating contest Saturday at the Fort Huachuca spring festival.

Contestants put away a total of 125 hot dogs during the event, which was run in three heats. Each eater started out with a plate of eight wieners, and Soldiers stood by to furnish more once a plate was emptied.

Terra Lichtenstiger, an AIT student here, let herself get talked into competing by her friend and fellow student, Lisa Muyskens.

"She makes fun of me cause she's skinnier than I am, and she ate more than I did," she said. "I ate six."

Muyskens downed nine hot dogs. Bischoff, Muyskens and Matthew Edwards all competed in the second of the event's three heats.

The 6-foot 2-inch Edwards was sandwiched between Bischoff and Muyskens. He said he engaged in some trash talking with his tablemates, a tactic that came back to haunt him once the eating began and both smaller adversaries ate more than he did.

"He (Bischoff) stole my seat actually," Edwards said. "I was taunting him a little bit before the competition. I told him I was going to beat him, and the kid just laughed. It was kind of funny actually.

"I told the whole table they were going down, then the girl next to me had more than I did."

Once competition started, Bishcoff quickly showed his mettle. Edwards



Terra Lichtenstiger doubles up on a pair of hotdogs during the 2005 spring festival hot dog eating contest Saturday.

admitted to watching the youngster out of the corner of his eye.

"It was kind of intimidating," he recalled. "He was taking em down like two at a time."

The event left Edwards a little bit queasy.

"I regretted that I got beat by a little kid," he said.

Lichtenstiger said her half-dozen dogs left her feeling, "full, very, very full," but that didn't stop her from grabbing a snow cone and hitting the rides once the contest was over.

Competitors ranged in age from 10 to 40 years old, and trophies were awarded to the top three finishers. It was the first time the Directorate of Morale, Welfare and Recreation held such an event, but probably won't be the last said MWR's Kathy Miller in an e-mail to the Scout.

"The contest was a lot of fun, so it will probably become a regular event at festivals," she said.

### Arizona Tourist

# The Pima Air & Space Museum

BY SPC. MARCUS BUTLER

SCOUT STAFF

Visions of soaring high and defying the limits of gravity have always fascinated mankind.

The Pima Air and Space Museum can bring visitors much closer to that dream.

The museum opened in 1976 and today is the third largest aviation museum in the world. It's located on 200 acres displaying more than 250 vintage aircraft and 125,000 artifacts.

Visitors to the museum can enjoy tours of the Aerospace Maintenance and Regeneration Center Facility, which houses the world's largest military aircraft storage facility. It's located on Davis-Monthan Air Force Base.

The complex, originally used as a storage facility for

B-29 and C-47 aircraft at Davis-Monthan, has been around since the end of World War II. It's grown from the storage of those particular aircraft to approximately 4,500 aircraft from the Air Force, Army, Coast Guard, Marine Corps, and Navy.

The museum offers a tram tour of the site. This particular tour is a narrated experience of the museum's outside aircraft exhibits and lasts approximately one hour. Visitors can also experience a walking tour that covers the exhibits in hanger one, and moves to hangar three and ends at hanger four. This tour lasts about one and a half hours.

During these tours visitors can learn about the history behind that aircraft exhibits and some of the history about the base itself.

The Pima Air & Space Museum is open seven days a week, from 9 a.m. to 5 p.m. Last admission is at 4 p.m.

It's open every day of the year except Thanksgiving and Christmas.

Prices start at \$9.75 for adults in the summer and \$11.75 in the winter. For seniors, groups of more than 20 and military personnel, it's \$8.75 for the summer, and \$9.75 for the winter. Children ages 7 - 12 are \$6.00 in the summer and \$8.00 in the winter. Children under six are free. AMARC tours are also \$6.00 in both summer and winter.

The Pima Air and Space Museum is to the northeast of Tucson. From Interstate 10 take Kolb Road south to Valencia Road and turn west on Valencia to the museum entrance.

For more information, call 520-618-4800 or visit the Pima Air & Space Museum web site at www.pimaair.org/

Editor's Note: Information for this article was complied from www.pimaair.org/index.html.



Courtesy Photo from the Desert Z Association

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### Pizza delivery on post

Popeye's Chicken and Anthony's Pizza at the Regimental Mini Mall, will be offering delivery on Fort Huachuca. Delivery hours will be from 4 p.m. to 8 p.m. Call 459-2378 to place your order today.

### Youth Tae Kwon Do class to begin

The SKIESUnlimited program Tae Kwon Do class will be held 6:30 - 7:30 p.m., Tuesday at the Youth Center, Building 49013. The classes will continue every Tuesday and Thursday during that time period. This is a year-long class, but students may attend on a monthly basis. Class fee is \$25 per

The class is open to youth ages 5 - 18, whose parents are active duty or retired military, Department of the Army civilians, Non-appropriated Fund employees or contractor employees. Participants must also be members of Child and Youth

If a parent is interested in attending the Tae Kwon Do class with their child, they may do so by paying an additional \$25 monthly class fee.

For more information, call Robin Gabert at 533-0710.

### Summer camp registration

Registration for Middle School Team/School Age Services Summer Youth Camps for current middle school team and school age services members begins Friday and will continue through May 15. Sign up at the Child and Youth Services Central Registration Office at the Murr Community Center. For more information, call Marty Johnson at 533-0738.

### Leisure Needs Survey is on its way

The 2005 Army MWR Leisure Needs Survey will be arriving within the next few weeks. The survey is specifically tailored to Fort Huachuca, in an effort to obtain your views on MWR activities that are available and that are needed. The results will be used to improve and enhance activities that are most impor-

Your opinion is vital in this effort. Make it count by completing the questionnaire so your opinions and suggestions can be heard. Responses will be strictly anonymous and confidential.

Active duty and civilian employees will receive the survey through post distribution. Retirees and family members will receive their surveys in the mail. The survey is also available online at www.ArmyMWRSurvey.com.

#### **National Pet Week**

National Pet Week is this week. The Fort Huachuca Veterinary Treatment Facility will be celebrating by offering discounts on certain products and services. Heartgard and Frontline will be \$1.00 off all week, and adoptions will be 10 percent off. There are many cats and dogs in need of good homes right now.

On Friday, May 6, there will be a dog wash at the VTF from 8 a.m. through noon. Bring your dogs for a good spring

For more information, call Christina Truesdale at 533-0476.

### Thrift Shop open

The Thrift Shop at Fort Huachuca will be open Saturday from 9:30 a.m. to 1:30 p.m. for shopping. Consignments will be taken from 9:30 a.m. to 1:00 p.m. The public is invited to the shop, and it is located right inside the Main Gate on the right. The Thrift Shop only takes cash. For more information,

#### **Trail tour**

The 7th annual John Cooper and Perimeter Trail Tour will take place, beginning at 7 a.m. on May 7. The tour will be at Miller Canyon and Carr Canyon and participants can bike, hike, run or ride horseback. For more information, call Dana Thornhill at 227-2614/458-3757 or reach her via e-mail dawntodust@msn.com or the Web site www.dawntodust.org.

#### Youth football camp

The Colt Youth Football Camp and Coaches Clinic is coming on May 14 to Buena High School. George Martinez, former NFL and collegiate coach, and Vincent Pershing,

former Rice University offensive lineman, will be leading the coaches clinic. Pre-registration ends Wednesday but walk-in registration at 1 p.m. on May 14 is allowed. The clinic/camp will be followed by a barbeque for players, parents and coaches. For more information, call Michael Vezzosi at 515-

### **Def Jam Comedy Show**

The Thunder Mountain Activity Centre will be hosting the Def Jam Comedy Show at 10 p.m. on May 20. Tickets are \$15 in advance or \$20 at the door. For more information, call Saul Caraballo at 533-9802 or 533-7322.

### Football and cheerleading registration

Registration for the Sierra Vista American Youth Football and Cheer 2005 Season is going on from 10 a.m. to 2 p.m. Saturday and May 21 at Big 5 Sporting Goods and at 1 p.m. to 4 p.m. on May 14 and 28 at Fort Huachuca Youth Services. Football is open to kids ages 5-15 and cheerleading is open to kids ages 5-14.

For more information, call Keith Hampton at 458-2320 or e-mail svyouthfootball@cox.net.

### Coaches' meeting for track & field

The coaches' meeting for the 2005 Commander's Cup Track and Field Program will be held at 10 a.m., May 31 at Barnes Field House. Units wishing to participate in the program should submit a letter of intent, with coach's name, duty phone and e-mail address at this meeting. The program will be conducted starting at 6 p.m., June 13 - 15 at Bujalski Field.

This is a recreational program, open to all authorized MWR patrons. For more information, call Michelle Kimsey at 533-3180.

### Sale at Sportsman's Center

The Sportsman's Center is offering 10 percent off all merchandise, including guns, ammunition, wild game calls, cleaning kits, and all other items in the pro shop. The sale will continue until all merchandise has been sold. For more information, call Mick Gue at 533-7085.

### Pets Of The Week



Pinky is a 1-year-old flame point, Muffin is a 1-year-old gray tortoise, male, Siamese mix.



female, domestic shorthair cat.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

### t The Movies

Showing at the Cochise Theater for the next week are:



Today -7 p.m. Hostage

Friday -7 p.m.

PG-13

Saturday -7 p.m. Miss Congeniality 2

Sunday -2 p.m.

Guess Who

Monday - Wednesday

Closed

PG-13

Reduced prices on Thursday evening and Sunday matinees.

### Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.





Photo by Maj. Matt Garner

### **Mustachioed!**

Mary Hunter paints the face of Stephen Burch from Huachuca City. Hunter is a childcare provider on post. The face-painting was offered during SpringFest last weekend.

# Ask The Dietitian Grains and the Food Pyramid

BY CAPT. JENNIFER L. RODRIGUEZ

REGISTERED DIETITIAN

Here we are again, talking about food. I don't know about you, but that's my favorite subject! Last week we looked at the latest nutrition news with the unveiling of the new Food Guide Pyramid. Each week we will take a look at a different group on the pyramid. This week we start with the grains group.

The goal for this group is to make at least half of your grain servings from whole grains. Whole grains provide dietary fiber which can reduce our risk of heart disease, help us feel fuller longer, and keep us regular. Examples of whole grain include 100 percent whole grain breads, brown rice, oatmeal, and whole wheat pasta.

The best way to ensure whole grain is to read food labels. Look for the word "whole" or "whole grain" in

the ingredient list and be sure to check out the fiber content. Whole grains will have at least 2 grams of fiber per serving.

As far as servings per day, recommendations are for at least 3 ounce-equivalents of whole grains per day. What is an ounce-equivalent? One ounce is equal to 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup cooked rice or pasta.

Remember portions are important in order to control calories. The more you eat the more calories you consume. Be sure to check out the Web site at <a href="https://www.MyPyramid.gov">www.MyPyramid.gov</a> for more information. Next week we will take a look at the vegetable and fruit groups. Until we meet again... Happy Eating!

Rodriguez is a Registered Dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to: jennifer.rodriguez1@us.army.mil.

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